



USFK Safety Gram

10-18

28 May 2010

Safety tips for the Summer Holidays

Memorial Day is a day of remembrance for those who have died in our nation's service. It is also the unofficial start of summer, and as you head to the beach, the pool, or to the mountains for a camping vacation, we encourage you and your family to keep safety in mind!



On the Road

- ◆ Buckle up
- ◆ Pay attention, more vehicles will be on the road, including an influx of motorcyclists.
- ◆ Drive at safe speeds. Leave enough travel time in advance to avoid the urge to speed.
- ◆ Use a designated driver; if you plan on drinking, plan on a safe and sober ride.
- ◆ On the way back, drive well-rested, be patient, and remember roads will be congested.

Sun Safety

- ◆ Avoid sun exposure during the hottest hours of the sun's rays.
- ◆ Apply sunscreen with a SPF (Sun Protection Factor) of at least 15, paying special attention to the face, nose, ears and shoulders.
- ◆ Wear a hat.
- ◆ Wear sunglasses with UV (Ultraviolet) Protection.
- ◆ Drink plenty of water and non-carbonated drinks, even if you do not feel thirsty.

Grilling Safety

- ◆ Always read the use and care manual before operating your grill.
- ◆ Never leave grill unattended when in use.
- ◆ Preheat grill to no higher than medium-high. Temperature of grill should be 400 to 450°F because high heat and excess fat can cause flare-ups.
- ◆ If flare-ups do occur, move food to a cooler spot on the grill or temporarily cut off the air supply by closing lid or shutting the air vents.
- ◆ To avoid flare-ups you should drain off excess marinade or oil before putting food on grill, trim excess fat to 1/4-inch on steaks and chops, and remove skin and excess fat from chicken pieces.

Water Safety

- ◆ Swim in supervised areas only.
 - ◆ Obey all rules and posted signs.
 - ◆ Don't mix alcohol and swimming. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
 - ◆ Stop swimming at the first indication of bad weather.



Remember to make safety awareness part of your summer holiday planning. A moment's inattention is all it takes for an accident to happen. Be prepared by being aware of potential summer holiday dangers.